



# NORWOOD SENIOR CENTER

275 Prospect Street, Norwood, MA 02062

Telephone: 781-762-1201

Kerri McCarthy, , *Executive Director*  
Sheila Pransky, *Outreach Coordinator*  
Nanci Kelleher, *Program Coordinator*  
Ellen Rano, *Senior Bus Driver*  
Anne Marie Shea , *Prog. Assistant*  
Lawrence Thomas, *Senior Custodian*

Tom Tobin, *Chairman*  
Ted Mulvehill, *Vice Chairman*  
Delia Bartucca, *Secretary*  
Elizabeth Mastandrea, *Member*  
Fran Kenney, *Member*

**MARCH 2016**

**The Center is open  
Monday Through Friday  
8:00 AM to 4:00 PM**

## **Norwood's Council on Aging mission includes:**

*To identify the needs of older adults along with the available resources within the community.*

*To educate the community at large on the problems of aging and the needs of its older adults.*

*To design and promote services that are needed to serve older adults.*

*To serve as advocates and enhance the lives of older adults in our community.*

*The Norwood Council on Aging offers many legal, financial, recreational, medical screenings, other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that the Norwood Senior Center, the Norwood Council on Aging, the Town of Norwood and its employees do not assume any responsibility.*

## *Directors Corner*

Well we finally made it to March, and I am sure you are all eager for the sun to shine, and the temperature to rise. It hasn't been as bad as last year but I do appreciate your patience with the few days that the center was closed. We are all looking forward to a very active spring here at the Norwood Senior Center

Every year on March 17, the Irish and the Irish-at-heart across the globe observe St. Patrick's Day. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green. Please join us on March 14th for our annual St. Patrick's Day Luncheon. This year we are very fortunate to have Senator Rush and Representative Rogers sponsor this event.

I would like to take this time to welcome all our new members. Many people are coming in to join our center and take advantage of all that we offer. Many people do not know that we offer a variety of breakfast foods including hot oatmeal, fresh fruit, and pastries. So join us for a healthy breakfast, an exercise class and a bit of socializing, it is a great way to start your day.

*Take Care, Kerri*

*May your troubles be less and your  
blessings be more.  
And nothing but happiness comes  
through your door.*



**AFTERNOON DANCE:** No Afternoon dance with John Rampino Friday,

**Arts & Crafts:** Offered Every First Thursday of each month at **11:00 am.**

**BASIC COMPUTER COURSE:** A four-part basic computer course is frequently offered to those who wish to learn how to use a computer. Sign-up at the front desk. New class will be announced soon.

**BINGO:** Every Wednesday, from **12:45 pm. to 3:00 pm.** \$5.00 to get started. We have begun a new game, for \$1.00 with a winner take all prize! You must be here by **12:45 pm.** to play the new game!

**BLOOD PRESSURE CLINIC:** Hellenic Health Care will be available for blood pressure screening on the **first Wednesday of each month.** Ellis Nursing Home will offer blood pressure screening on the **2nd Wednesday of each month.** The Walpole VNA will provide blood pressure screening on the **third Wednesday of each month at 11:30 am.**

**BOOK CLUB:** Our next Book Club will be meeting on **March 21st at 10:00 am.**

**BRIDGE:** Our Bridge Club meets on **Thursdays at 9:15 am.** in the Library. **The Tuesday group has been cancelled.**

**COMPUTER CLUB:** The Computer Club meets every Wednesday at 1PM

**COUNCIL ON AGING:** COA next Meeting will be **March 3rd @ 1PM**

**CRIBBAGE:** Our seniors meet every **Monday at 12:45 pm.** to play cribbage.

**DIABETES WORKSHOP:** The Diabetes Workshop Thursday March 24th at 11AM.

**EXCEL CLASSES:** Excel classes have resumed. Please sign up.

**FOOT DOCTOR:** Dr. Cormier will be here Tuesday, **March 15th and 29th 8:30AM-12 Noon**

**GLEE CLUB:** Glee Club meets every **Tuesday at 11:15am.**

### **HANDCRAFTERS:**

Handcrafters meet every **Monday from 1pm. - 3pm.**

**Line Dance** Classes are held each **Tuesday.** **Class will be held from 1PM-2PM**

**MASSAGE THERAPIST:** Karen Tracy is here on the first Monday of each month. Please sign up at front desk. Massages are **\$30.00 for half an hour.**

**NORWOOD RETIRED MEN'S CLUB:** The Board of Directors meet on the **1st Tuesday of each month at 10:30 am.** at the Senior Center (Except July and August). The Club Membership meets the 2nd Tuesday of each month at the Norwood Elks Lodge, at 10:00 am.

**OIL PAINTING:** No Oil Painting class is offered at this time

**Poetry Club:** Is held on the **Third Wednesday** of each month at **1:00pm, Facilitated by Nancy from the Library. March 16th**

**SCRABBLE:** **Thursday afternoon at 1:00 pm.** Come and join us for a game.

**SHINE:** Our SHINE Counselor, **Carol,** is here to help you with your medical insurance needs on **Tuesdays from 10:00 am. - 2:00 pm.** Please call 781-762-1201 for an appointment.

**SQUARE DANCE:** Cancelled until further notice.

**TRIAD:** **March 21st at 1PM**

**WATER COLOR:** The next session is scheduled for **Thursday, March 10th at 9:00 am.** Payment of \$20.00 must be made at time of signup.

**WAXING** Cancelled until further notice.

**WHIST:** Whist players meet on **Tuesdays at 12:45 pm.** in the library.

**WHIST PARTY:** Whist parties will be held on the **4th Friday** of each month **1:00 pm. - 3:00 pm.**

**Norwood Memory Café**

Thursday March 17th

1:30-3:30

Refreshments served

A monthly social gathering with caregivers  
and their loved ones who are living with a  
memory impairment.

**Winter is here!**

**Please remember that if the Norwood Public  
Schools are closed or delayed due to  
inclement weather the Senior Center  
will also be closed.  
If in doubt call 781-762-1201**

**Senior Center Taxes**

We will begin doing taxes on February  
12th. Appointments are being sched-  
uled for Fridays, now 'til April 15th.

Please have all of your documentation  
together before scheduling your  
appointment.

**Poetry Corner*****Winter Blues***

I'm so sick of winter.  
I'm tired of all the snow.  
I want to see the sunshine  
And watch the flowers grow.  
I want to take my coat off  
And wear a short sleeve top.  
I'm just so sick of winter  
And all this icy slop.  
I want to open windows  
And smell that sweet spring air.  
I want to put away this hat  
That covers up my hair.  
I want to take my boots off,  
Put that darn old shovel away;  
I'm just so sick of winter  
Is all that I can say.

Lillian Flynn Dennis

**Arts & Crafts**

Sign-Up at front desk.  
March 3, 2016  
11AM

## NORWOOD SENIORS' MEETINGS & ACTIVITIES

**NORWOOD RECREATION DEPT/CIVIC GYM:** Call 781-762-0466 for further information.

**SENIOR BOWLING:** Every Thursday morning at the Norwood Sports Center at 9:30 AM. This is a mixed league and three strings are played for **\$6.00**.

**SENIOR SUPPERS:** Norwood Hospital offers a Senior Supper Program consisting of soup, entrée and a drink in the cafeteria from Monday through Friday, served from 4:45 to 6:45 PM. **The cost is \$5.50.**

### REGULAR PROGRAMS AND ACTIVITIES AT THE SENIOR CENTER

<b>Monday</b>	Flex, Firm & Chi	8:00 AM ~ \$2.00 per class
	Zumba	9:00 AM ~ \$2.00 per class
	Tai Chi	10:00 AM ~ \$2.00 per class
	Gentle Exercise	10:45 AM ~ \$2.00 per class
	Cribbage	12:45 PM
	Handcrafters	1:00 PM
<b>Tuesday</b>	Aerobics	9:00 AM ~ \$2.00 per class
	Square Dancing	9:00 AM to 10:00AM
	Bridge	9:30 AM
	Pinochle	10:00 AM
	Yoga for Everyone	10:00 AM (sit or stand class) ~ \$2.00 per class
	Line Dancing: One class- all levels	1:00-2:00PM
<b>Wednesday</b>	Whist	12:45 PM
	Flex, Firm & Chi	8:00 AM ~ \$2.00 per class
	Zumba	9:00 AM ~ \$2.00 per class
	Gentle Exercise	10:00 AM-11:00 AM ~ \$2.00 per class
	Bingo	12:45 PM
	Computer Club	1:00 PM all skill levels are welcome
<b>Thursday</b>	Aerobics	9:00 AM ~ \$2.00 per class
	Contract Bridge	9:30 AM
	Yoga for Everyone	10:00 AM ~ \$2.00 per class
	Scrabble	1:00 PM
<b>Friday</b>	Flex & Firm	8:00 AM to 9:00 AM ~ \$2.00 per class
	Yoga w/Posture & Bal.	9:00 AM to 10:00 AM - Grace Furnari ~ \$2.00
	Gentle Exercise	10:00 to 11:00 ~ \$2.00 per class
<b>Mon. - Fri.</b>	Zumba	11:00 to 12:00~ \$2.00 class
	Walking in the Gym	9:00 AM to 11:00 AM

## OUTREACH



Dear Seniors,

Hope everyone is weathering the winter without too much stress and strain. So far, as I write this article, we have had two days of snow closings, and I hope we don't have too many more.

I wanted to feature a special program we host here at the Senior Center called The Memory Café. It meets the last Thursday of each month from 1:30 – 3:30 pm, and is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Here at the Center, the Memory Café is organized by Jean Cotton, a volunteer coordinator, and features entertainment, interesting information, good food, and sociability. The participants enjoy the entertainment, partake in goodies offered by sponsoring community businesses, and exchange information and good ideas.

Please join us at the Memory Café. Upcoming dates are Thursday, March 17, and Thursday, April 21, 2016.

There are also many Memory Cafes in other communities. Each meets at different times, and on different days, and have slightly different themes.

There are many other resources for those with memory impairments including:

**The Alzheimer's Association** – Information and referral services for Alzheimer's Disease and related dementias. 24 hour hotline: 1.800.272.3900

**HESSCO** - Our local access point for senior home and related services provided at low or no cost to those who qualify financially. 781-784-4944

**There are many homecare and facility-based programs**, and I would always be happy to assist you in a referral for services.

So, come join us for a Memory Café, or any of the other multitude of fabulous programs here at the Norwood Senior Center.

Stay Warm!

Warm Regards,

*Sheila*

Sheila Pransky, LICSW, Outreach Coordinator  
781-762-1201, ext. 3



Mon	Tue	Wed	Thu	Fri
	<b>1</b> TURKEY DINNER	<b>2</b> NO LUNCH	<b>3</b> MEATLOAF	<b>4</b> SALMON
<b>7</b> SOUP & SANDWICH	<b>8</b> TURKEY DINNER	<b>9</b> NO LUNCH	<b>10</b> CHICKEN CUTLET	<b>11</b> FISH CAKES
<b>14</b> St. Patrick's Day Luncheon *Must sign up	<b>15</b> TURKEY DINNER	<b>16</b> NO LUNCH	<b>17</b> BREAKFAST	<b>18</b> SEAFOOD STEW
<b>21</b> SOUP & SANDWICH	<b>22</b> TURKEY DINNER	<b>23</b> NO LUNCH	<b>24</b> LEMON CHICKEN	<b>25</b> BAKED HADDOCK
<b>28</b> SOUP & SANDWICH	<b>29</b> TURKEY DINNER	<b>30</b> NO LUNCH	<b>31</b> SHEPARDS PIE	



## **Norwood COA Senior Center Bus Route**

Effective 01/16/2014

### **PICK UPS AT HOUSING AUTHORITY**

*William Shyne Circle - 10:00 AM*

*Willow Wood (Adams Street) - 10:05 AM*

*Brook View Circle - 10:20 AM*

*Nahatan Street - 10:30 AM*

### **DAILY SHOPPING TRIPS**

***Mon– Fri MEDICAL APPOINTMENTS AND TRANSPORTATION UPON REQUEST BY CALLING THE FRONT DESK 24 HOURS PRIOR TO YOUR PICK UP TIME AT (781) 762-1201 PRESS # 6 FOR TRANSPORTATION.***

**Monday** - Local Trips

**Tuesday** - Walmart (1st Tuesday of each month)

**Tuesday** - Out of town trips (2nd,3rd, and 4th weeks of month)

**Thursday** - Hannaford / Dollar Store ( No other pick ups between 9:45am-11:00 & 12:15-1:30)

**Friday** - Shaw's Supermarket ( No other pick ups between 9:45am-11:00 & 12:15-1:30)

### **BUS RULES**

**1. ONE ROUND TRIP TRANSPORT PER HOUSEHOLD PER DAY**

**2. RIDERS MUST CALL 24 HOURS BEFORE DAY OF PICK UP**

**NO TRANSPORTS WILL BE MADE ON THE DAY YOU CALL.**

**3. THERE IS A 3-BAG LIMIT FOR EACH SHOPPING TRIP. CASES OF WATER, SODA, PET FOOD, ETC WILL BE CONSIDERED ONE BAG. UNFORTUNATELY, NO EXCEPTIONS WILL BE MADE. PLEASE DO NOT OVERLOAD YOUR BAGS.**

***\*ANYONE EXCEEDING THE 3 BAG LIMIT WILL BE ASKED TO MAKE OTHER ARRANGEMENTS FOR TRANSPORTATION.***

## FLOWER NAMES WORD SEARCH PUZZLE



ALSTROEMERIA

AMARYLLIS

ANEMONE

CARNATION

DAFFODIL

DELPHINIUM

FREESIA

GARDENIA

GLADIOLUS

HYACINTH

LARKSPUR

LIATRIS

LISIANTHUS

ORCHID

RANUNCULUS

SNAPDRAGON

SOLIDASTER

SUNFLOWER

SWEET PEA

TIGER LILY



## TRIPS

### Foxwoods– March 8th, 2016

#### Trip Includes

Luxury Silver Fox Motor Coach  
 Buffet Lunch or \$10.00 Food Voucher  
 \$10.00 Casino Slot Play  
 \$28.00

Departs Norwood Senior Center at 8AM  
 Return back at 6PM

### Boston Duck Tours-May 26, 2016

Boston Duck Tour & Cruise  
 Boston Common Visit  
 Luncheon at the No Name Restaurant  
 \$89.00

Flyers for all trips are available in the Café

***\*\*Please sign up for all trips with Nanci\*\****

***Payment in full for day trips.***

***Deposit required on overnight trips.***

You may sign up for these trips at any time,  
 up to two weeks before the scheduled date.



#### Mini-Bus Trips

Tuesday, March 1st– Walmart  
 Tuesday, March 8th– University Station  
 Tuesday, March 15th–Plainridge  
 Tuesday, March 22nd–Kohls  
 Tuesday, March 29th– Cracker Barrel/Outlets

## MARCH EVENTS

COA Board Meeting  
 March 3rd @ 1PM

Gary Highlander  
 March 10th  
 1PM  
 Creation of the US Presidency

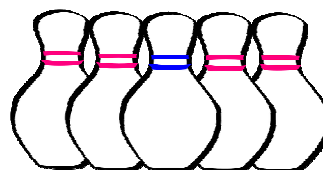
St. Patrick's Day Dinner  
 w/ Entertainment  
 March 14th 12-2:30  
 Sponsored by Senator Rush and  
 Representative Rogers

TRIAD  
 March 21st  
 1pm

Tea Tasting  
 Epoch of Sharon  
 March 24th @ 11

**Learn To Play Mah Jong**  
**Lessons are held on Thursday**  
**and Friday afternoons**  
**1PM-3PM**

WII Bowling  
 Come join the fun on  
 Fridays at 12:30



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 Aerobics 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	<b>2</b> 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 <b>Blood Pressure</b> 12:45 Bingo 1:00 Computer Club	<b>3</b> 9:00 Aerobics 9:30 Contract Bridge 10:00 Yoga 11:00 <b>Arts &amp; Crafts</b> 1:00 Scrabble 1:00 COA Board Meeting 2:00 <b>Active For Life</b>	<b>4</b> 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 1:00 <b>Hand &amp; Foot Cards</b>
<b>7</b> 8:00 Flex & Firm 9:00 Zumba /Massage 10:00 Tai Chi 10:45 Gentle Exercise 12:45 Cribbage 1:00 Handcrafters	<b>8</b> 9:00 Aerobics 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	<b>9</b> 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 <b>Blood Pressure</b> 12:45 Bingo 1:00 Computer Club	<b>10</b> 9:00 Aerobics / <b>Watercolor</b> 9:30 Contract Bridge 10:00 Yoga 1:00 Scrabble 1:00 Gary Hylander 2:00 Active For Life	<b>11</b> 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 12:30 <b>Open Games</b>
<b>14</b> 8:00 Flex & Firm 9:00 Zumba 10:00 Tai Chi 10:45 Gentle Exercise 12:45 Cribbage 1:00 Handcrafters	<b>15</b> 8:30 Foot Doctor 9:00 Aerobics 9:00 Square Dance 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	<b>16</b> 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 <b>Blood Pressure</b> 12:45 Bingo 1:00 Computer Club 1:00 <b>Poetry club</b>	<b>17</b> 9:00 Aerobics 9:30 Contract Bridge 10:00 Yoga 1:00 Scrabble 1:30 Memory Cafe 2:00 Active For Life	<b>18</b> 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 1:00 <b>Hand &amp; Foot Cards</b> 7:00 <b>Friends Dance</b>
<b>21</b> 8:00 Flex & Firm 9:00 Zumba 10:00 Tai Chi –Book Club 10:45 Gentle Exercise 12:45 Cribbage 1:00 Handcrafters/ <b>TRIAD</b>	<b>22</b> 9:00 Aerobics 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	<b>23</b> 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 <b>Hearing Solutions</b> 12:45 Bingo 1:00 Computer Club	<b>24</b> 9:00 Aerobics 9:30 Contract Bridge 10:00 Yoga 11:00 <b>Diabetic Workshop</b> 1:00 Scrabble 2:00 Active For Life	<b>25</b> 8:00 Flex & Firm 9:00 Yoga & Posture w/Grace 10:00 Gentle Exercise 11:00 Zumba 12:30 <b>Open Games</b> 1:00 <b>Whist Party</b>
<b>28</b> 8:00 Flex & Firm 9:00 Zumba 10:00 Tai Chi 10:45 Gentle Exercise 12:45 Cribbage 1:00 Handcrafters	<b>29</b> 8:30 Foot Doctor 9:00 Aerobics 10:00 Yoga 11:15 Glee Club 12:45 Whist 1:00 Line Dancing-All levels	<b>30</b> 8:00 Flex & Firm 9:00 Zumba 10:00 Gentle Exercise 11:30 <b>Blood Pressure (new)</b> 12:45 Bingo 1:00 Computer Club	<b>31</b> 9:00 Aerobics 9:30 Contract Bridge 10:00 Yoga 1:00 Scrabble 2:00 Active for Life	<b>MARCH 2016</b>